

Swim Lesson Level Chart

Aqua Tots (Ages 6 months – 4 years)

Aqua Tots: Water exploration with a parent/guardian accompanying child in the water; No water experience necessary.

Preschool (Ages 3-4 years)

Preschool 1: Hesitant to put face in water; No water experience necessary.

Preschool 2: Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on front and/or back supported for 3 seconds.

Preschool 3: Can submerge under water; Float on front and back 5 seconds each with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

Beginning (Ages 5-12 years)

Level 1: Hesitant to put face in water; No water experience.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.

Level 3: Front float and back for 5 seconds each; Swim with a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

Advanced (Ages 5-12 years)

Level 4: Jump into deep water; Swim front crawl for 15 yards with side-breathing; Tread for 30 seconds; Swim elementary backstroke 15 yards.

Level 5: Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards; Swim back crawl for 15 yards.

**** After completing Level 5, Pre-Comp is the next class.**